



MRC ReNews

MRC Class 29 Graduates 29 Volunteers!

The 2008 MRC Volunteer training prepared another cadre of excited volunteers just in time for Earth Day events. Your new fellow MRCs are well versed and eager to share King County's key messages at outreach events.

As in years past, Class 29 received tours of the Cedar Hills Landfill, Cedar Grove Composting Everett facility, and Waste Management's Cascade Recycling Center. New trainees heard presentations on waste reduction and recycling, home composting methods, King County's curbside programs, how to reduce or eliminate household hazardous waste, electronics recycling options, green building, and climate change.

Special thanks go to Jeannette Brizendine and Rob VanOrsow from the City of Federal Way, Kathleen Edman from the City of Auburn, all the 2008 presenters, and to the

staff at Federal Way City Hall where the training was held. The presentations were dynamic, the facilities were convenient, and the staff was incredibly helpful.

Please say hello to your new co-volunteers next time you are staffing an event:

Tori Ala'via DaMianas, Nicole Anderson, Emily Ausema, Jeanette Brizendine, Russ Campbell, Elaine Carpenter, Lawrence Dillard, Teri Dombrowski, DeAnne Estigoy, Diane Fobes, Denise Frakes, Gina Hungerford, Hilary King, Amanda Larson, Sue Lester, Luraine MacLeod, Lynne MacMillan, Katrin McManis, Chris Minnick, John Neorr, Ellen Palmer, Kim Pendergrass, April Perry, Renee Rathke, Phillip Sell, Carrie Shelton, Peter Sugarman, Leilei Wang, and Anne Willingham.

Congratulations, Class 29! We're excited to have you on board.



Pilot Medicine Take Back Program: The Unwanted Medicine Return Program

Prescription medications that are flushed down the toilet or thrown in the garbage can end up in our streams and other waterways. According to a study conducted during 1999 and 2000 by the

U.S. Geological Survey, pharmaceuticals, hormones, and other wastewater contaminants were found in 80 percent of samples taken from 139 streams in 30 states.

In 2005, a King County survey revealed that nearly 70 percent of residents said they had

prescription medications at home that they did not intend to use during the next six months. To better manage this much medication potentially going into the waste stream, a pilot Unwanted Medicine Return Program was launched in 2006.

The pilot includes all 25 Group Health pharmacies in 6 counties throughout Washington State and select Bartell Drug Store pharmacies. The pharmacies accept unwanted medicines for proper disposal through October 2008.

To safely dispose of your unwanted or expired medications for free, gather your medications in their original containers (12 ounce bottle size or less). Remove or color over any personal information on the prescription label you wish to keep private. Take the medications to a participating location and place them in the labeled "medication return" bin.

For a complete list of participating pharmacies and accepted items, visit www.productstewardship.net/productsPharmaceuticalsMedicines.html#Pharmacies.

In this Issue:

Make Your Spring Clean Green	2
Updated MRC Volunteer Web site	2
Upcoming Outreach Events.....	2
Shoreline Recycling & Transfer Station Tour	3
In the Sun	2
Landfill Gas-to-Energy Project	3
Green Building Workshop	2
Pilot Master Business Recycler Program....	3
2008 Earth Heroes at School Honored	3
Adopt Your Local Farmers Market	3
Top 6 Messages for MRCs to share	4



King County

Department of
Natural Resources and Parks
Solid Waste Division



Make Your Spring Clean Green

Use safer alternatives. Check out green cleaning recipes at www.watoxics.org/homes-and-gardens/fastfacts/cleaning-recipes.

Properly dispose of household hazardous wastes at designated King County household hazardous waste facilities or special collection events, including Wastemobile events. To find out more and view the Wastemobile schedule, visit www.metrokc.gov/dnrp/swd/facilities/schedule.asp?PID=26.



Updated MRC Volunteer Web site

The MRC Volunteer Web site (www.mrcvolunteer.org) has a fresh appearance with a new, sleek design making it easier to use. Be sure to check it out today and let us know what you think

If you have misplaced your username or password for the MRC Web site, please contact Shaina Gates at 206-449-1108 or vc@mrcvolunteer.org.

We also added a new e-mail address to reach the Volunteer Coordinator: vc@mrcvolunteer.org.

Upcoming Outreach Events

Bastyr U. Herb and Food Fair

Kenmore – Saturday, May 31

10 a.m.-1:30 p.m. and 1:30-5 p.m.

Join Bastyr University for the 10th Annual Herb and Food Fair. Host a table with a natural yard and lawn care focus.

Covington Water Wise Garden Fair

Saturday, June 28, 1-4 p.m.

Give a worm bin demonstration and talk about natural yard care, smart watering, and composting at home to visitors of this water wise gardening fair.

Vashon Strawberry Festival

Vashon Island

Saturday, July 12 and Sunday, July 13

10 a.m.-2 p.m. and 2-6 p.m.

Join the community council on Vashon Island to teach recycling, worm bin composting, natural yard care, and smart watering. This large scale event brings in thousands of people, so come share your knowledge!

To sign up for these or other events, go to www.mrcvolunteer.org, or contact Shaina by phone at 206-449-1108 or e-mail at vc@mrcvolunteer.org.

Shoreline Recycling & Transfer Station Tour

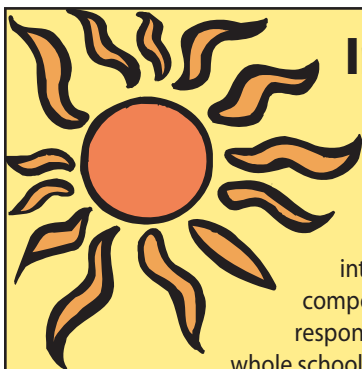
Join your fellow MRCs on Saturday, June 7 from 10 a.m. to noon, for a unique tour of the Shoreline Recycling and Transfer Station, now one of the most environmentally friendly recycling and solid waste facilities in the nation.

According to King County Executive Ron Sims, "This facility shows that you can achieve life cycle savings through lower electricity, heating, cooling, water, and waste disposal costs, and from lower operations and maintenance costs. It is not only friendlier to the earth, it will save us money over time that will help keep rates low."

This facility is the first transfer station built in

the United States that received the U.S. Green Building Council's Leadership in Energy and Environmental Design (LEED) gold rating due to its green features. Join us to learn more about the green aspects of this facility and how this facility serves King County residents through recycling and waste management services.

RSVP for this continuing education opportunity today by contacting Darcy Batura at 206/205-3130 or darcy.batura@kingcounty.gov. Tour directions and details will be provided promptly to registered participants. This tour is limited to twenty participants.



In the Sun

MRC Gill Dey (Class 27) has been hard at work using her MRC training at home, during outreach events, and at a local school. Thanks in part to her dedication and work with the Green Team at Overlake School, the school recently earned a "2008 Earth Hero at School" award. According to Gill, "The school has introduced better recycling, and has now started food composting... This is just the start of a long wish list of environmentally responsible actions the school hopes to take with the backing of the whole school community. Next up—energy conservation." Gill has also been hard at work fulfilling her 40-hour commitment at outreach events, including educating county residents about food scrap recycling at a local QFC.

Keep up the great work, Gill!



Landfill Gas-to-Energy Project

King County's Solid Waste Division has embarked on a new project to generate energy from methane gas produced by the Cedar Hills Regional Landfill. Did you know that over one million tons of garbage were deposited there in 2007? As the garbage decomposes, it produces landfill gas, which consists of 50 to 60 percent methane, 40 to 50 percent carbon dioxide and less than one percent of other trace gases. The gas is currently collected in a series of underground pipes and then burned in a high-temperature flare.

King County has contracted with renewable energy company Ingenco to convert methane gas produced at the landfill into

pipeline quality natural gas for use in the region, reduce greenhouse gas emissions, and generate electricity for on-site use. The company will build a landfill gas-to-energy processing facility on about 2 acres of land within the Cedar Hills Regional Landfill. The

gas will be distributed through an existing pipeline that runs adjacent to Cedar Hills.

For more information, including the project timeline, please visit <http://metrokc.gov/dnrp/swd/facilities/landfill-gas.asp>.

Project benefits

- The annual reduction in carbon dioxide (CO₂) emissions from converting the methane gas to natural gas will approach 124,000 tons of CO₂, which is roughly equal to the annual CO₂ emissions from 22,000 average passenger cars.
- The project will not increase noise or impact traffic in neighboring communities.
- Conversion of methane gas to natural gas will reduce greenhouse gas emissions from the landfill by approximately 63 percent.
- The County will receive revenue from the sale of the gas.

Green Building Workshop

McClendon Hardware, Renton Technical College (RTC), the Northwest EcoBuilding Guild, and King County's GreenTools program are offering a "Build it Green" workshop on June 14, 2008 at the McClendon Hardware store in Renton (440 Rainier Ave. S in Renton) from 8:30am-3:00pm. The registration of \$15 includes the whole day of classes and a lunch.

Expert presenters from the green building field will offer a series of sessions on practical solutions to green your home and landscaping, including:

- Building Green on a Budget
- Greening Your Yard and Landscaping
- Green Home Remodeling using the Built Green checklist
- What to Look for in a Green Contractor
- Lower Your Energy Bills: Ways to Get an Energy Efficient House
- Using Salvaged Building Materials

To register, call Jennifer Hanline at 425-235-2352 X5727 or visit RTC online at www.rtc.edu and look for the Community Education class registration form.

2008 Earth Heroes at School Honored

Each year Executive Sims honors teachers, students, staff and school programs that make significant contributions to protecting the environment. The 2008 Earth Heroes were selected from among a pool of nominees and were honored at a ceremony on April 24. The honorees come from all parts of the county, representing 17 cities, 14 school districts and 23 schools – evidence of how widespread the environmental ethic is in King County schools. Visit the King County Earth Heroes at School website later this month to see photos of winners and descriptions of their projects.

www.metrokc.gov/dnrp/swd/education/earth-heroes.asp

Pilot Master Business Recycler Program

Do you know of a business owner who might like to be a Master Business Recycler? King County is offering a training on June 18 and 25 to help businesses who want to increase their recycling - or even just

to get started. Classes are free and will cover:
conducting a company waste audit, starting and managing a successful

food scrap collection program, increasing recycling to improve your bottom line, and calculating your business' carbon footprint. The registration form and more details can be found at www.metrokc.gov/dnrp/swd/business/index.asp.

Best Workplace for Recycling 2008 will be the second year for the county's recognition program of outstanding recycling programs in King County businesses. If you know of a business that should be recognized, please encourage them to apply at www.metrokc.gov/dnrp/swd/garbage-recycling/apply-best-workplaces.asp.



Adopt Your Local Farmers Market

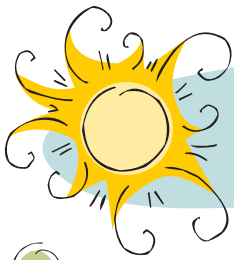
MRCs staffed 45 events at King County farmers markets last year and this year we're striving to add even more. Hosting a table at your local market can be a great way to teach the community about food scrap recycling at the curb along with other King County messages. If you're interested in hosting a booth at your local market this summer, please e-mail the Volunteer Coordinator at vc@mrcvolunteer.org.



King County

Department of
Natural Resources and Parks
Solid Waste Division

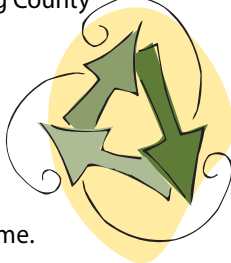




Top 6 Messages for MRCs to share with King County residents in 2008

1 Recycle Food...Piece of Cake!

- 26% (250,000 tons) of what we throw away is food and compostable paper.
- Nearly all single family customers in King County now have food recycling services.
- Talk to people about how to start with the easy food waste.
- Promote worm composting.



2 "Recycle More - It's Easy to Do".

- More than 1/2 of what is disposed at the landfill is readily recyclable.
- Make recycling more convenient at home.
- Learn the do's and don'ts.
- Talk to co-workers about recycling more paper at work.

3 Become an EcoConsumer.

- Make your purchases count. Balance consuming and conserving.
- Look for King County EcoConsumer tips in the local media, and new resources on the County's Web site.
- Reduce your waste - just say no to junk mail and unwanted phone books.



4 E-waste product stewardship

- New e-waste law requires manufacturers to offer free recycling of residents' TVs and computers starting in 2009.
- Recycle your TVs, computers and other e-waste not covered by the new law at a "Take it Back Network" member or recycling collection event.

5 Don't toss your fluorescent light bulbs in the garbage!

- Fluorescent bulbs contain mercury and are prohibited in the garbage.
- Our fluorescent bulb recycling rate is only 35% - we can do better.
- Take bulbs to an HHW facility or go to our Web site for other alternatives.

6 Green Homes = Green Tools.

- Buying a new home? Ask for a Built Green home.
- Remodeling your existing home?
- Check our Green Tools Web site for ideas on how to find green building products.

For more information, go to
www.metrokc.gov/dnrp/swd.



King County

Department of
Natural Resources and Parks
Solid Waste Division

1202 M

Printed on recycled paper - May 2008

For more information or to request
this material in alternate formats
contact:
King County Solid Waste Division
206-296-4466,
1-800-325-6165, ext. 6-4466,
TTY Relay: 711,
www.metrokc.gov/dnrp/swd

Attention: Karen May

Department of Natural Resources and Parks
Solid Waste Division
King Street Center, Suite 701
201 S. Jackson St.
Seattle, WA 98104-3855

King County

